

Beef or Pork Burrito - USDA Recipe D120

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

NFMSI D-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Garlic powder		1 Tbsp		2 Tbsp	1. Combine spices in a small bowl. Stir well.
Chili powder		1 1/2 Tbsp		3 Tbsp	
Ground cumin		2 Tbsp		1/4 cup	
Paprika		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Ground black pepper		1 tsp		2 tsp	
Ground white pepper		1 tsp		2 tsp	
Raw ground beef (no more than 15% fat)	2 lb 8 oz		5 lb		2. Place ground beef in a large stock pot. Add half of spice mixture. Brown ground beef uncovered over medium high heat. Stir frequently.
Raw ground pork (no more than 15% fat)	2 lb 8 oz		5 lb		3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 4. Remove beef from heat. Drain beef in a

*Fresh onions, chopped	1 lb 7 oz	1 qt 1/2 cup	2 lb 14 oz	2 qt 1 cup	5. In the same pot, add onions, bell peppers, and remaining spices. Saute uncovered over medium heat for one minute.
*Fresh green bell peppers, diced 1/4"	1 lb	3 cups 1 Tbsp	2 lb	1 qt 2 1/8 cups	
Water		3 cups		1 qt 2 cups	6. Add water. Stir well. Reduce heat to low.
Canned no-salt-added tomato paste	15 oz	1 1/2 cups 2 Tbsp (1/4 No. 10 can)	1 lb 14 oz	3 1/4 cups (1/3 No. 10 can)	7. Add tomato paste and drained ground beef. Stir well. Simmer uncovered over low heat for 10-15 minutes. 8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Reduced-fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	9. Combine shredded cheese with beef mixture. Stir well.
Whole-grain tortillas, 8" (1.5 oz each)	2 lb 5 1/2 oz	25 each	4 lb 11 oz	50 each	10. To prevent tortillas from tearing when folding, steam for 3 minutes until warm. OR Hold tortillas in original packaging and place in a warmer at 135 °F for 10 minutes. 11. Portion filling with No. 12 scoop (1/3 cup) onto center of each tortilla. Roll in the form of a

12. Place burritos seam side down on sheet pan (18" x 26" x 1") lightly coated with pan release spray.
13. Bake:
14. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
15. Critical Control Point: Hold for hot service at 140 °F or higher.
16. If desired serve with 1/4 cup pico de gallo (see G-15).
17. Serve 1 burrito.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 burrito provides 1 1/2 oz equivalent meat/meat alternate, 1/4 cup red/orange vegetable, 1/4 cup other vegetable, and 1 1/2 oz equivalent grains.

CACFP Crediting Information: 1 burrito provides 1 1/2 oz meat/meat alternate, 1/2 cup vegetable, and 1 1/2 servings grains/bread.

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	1 lb 11 oz	3 lb 6 oz
Green bell peppers	1 lb 4 oz	3 lb

Serving	Yield	Volume
See Notes	25 Servings: about 6 lb 8 oz (beef mixture)	25 Servings: about 3 quarts (beef mixture) / 25 burritos
	50 Servings: about 13 lb (beef mixture)	50 Servings: about 1 gallon 2 quarts (beef mixture) / 50 burritos

Nutrients Per Serving					
Calories	277	Saturated Fat	4 g	Iron	4 mg
Protein	17 g	Cholesterol	36 mg	Calcium	201 mg
Carbohydrate	30 g	Vitamin A	1024 IU	Sodium	411 mg
Total Fat	10 g	Vitamin C	26 mg	Dietary Fiber	5 g